



Lifetime
Discipleship
Plan

TRIAL COPY

Beginning a Lifetime Discipleship Plan

This discipleship booklet serves as a guide for helping individuals to develop new, life-giving habits in their spiritual lives. It draws from the wisdom of Scripture, Church teaching, and the lives of the saints. It employs the best practices of Catholic organizations and movements from around the world that are successfully facilitating vibrant discipleship, and it is uniquely adaptable to each person and his or her state in life. It is meant to accompany the faithful reception and living out of the sacraments in each of our lives. The ultimate goal is holiness, and the hope is that through this genuine "training in holiness," our hearts will burn with desire to share the Gospel with the whole world.

This first section, Lifetime Discipleship Plan, outlines the basic format and process for your discipleship group.

The second section, Lifetime Discipleship Journal, provides space for personal records of your periodic discipleship goals and assessments (re-fills are available).

Discipleship Journal

Commitment Date:

Prayer

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Parish Involvement

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Study

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Service and Evangelization

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Assessment Date:

Personal Reflections

A Group Process for Lifelong Discipleship

Being part of a small group that meets regularly is key to the process of growing in discipleship and is particularly essential in a predominantly non-Christian culture for providing Christian fellowship and personal accountability.

It is recommended that small groups consist of either all males or all females, but it is not necessary. They should meet in members' homes and consist of people you trust and consider to be friends. The utmost respect and confidentiality should always be observed.

There are two predominant models for small groups in the Christian tradition.

- 1. Content based:** This is where groups come together and talk about particulars of the Faith. (These can be mixed gender.)
- 2. Spirit based:** Here people share about their journey with the Lord on a more personal level and lean on one another for encouragement and prayer support. (Strongly recommended to be single gender.)

(We encourage using the 2nd model, which is why we strongly recommend single-gender groups.)

If the 2nd model is not something you're ready for, please adapt this booklet to a content based model.

My Discipleship Group

(4 to 8 total members is ideal)

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

Name

Contact Information

4

Discipleship Journal

Commitment Date:

Prayer

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Parish Involvement

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Study

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Service and Evangelization

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

7

The Four Disciplines

Discipleship is all about following Jesus and growing in closeness to Him. Our lives are supposed to be a kind of apprenticeship under Jesus where we learn to follow Him, imitate Him and fall deeply in love with Him. This requires training. The Lifetime Discipleship Plan is merely a tool to help you form new habits that will aid you in living out your faith to its fullest potential.

We have named 4 major disciplines that every disciple needs to pay close attention to in their lives if they are serious about growing in holiness. These disciplines are inspired by Scripture passages such as Acts 2:42, Mt 6:6, Mt 25:35-36; 28:19, the lives of the saints and the rich traditions of the Church.

This plan is intended to help you advance at your own pace by making reasonable commitments for yourself in each of the four disciplines. (But it also presupposes your commitment to continual growth.)

- I. Prayer
- II. Parish Involvement
- III. Study
- IV. Service & Evangelization

Discipleship Journal

Commitment Date:

Prayer

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Parish Involvement

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Study

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Service and Evangelization

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Assessment Date:

Personal Reflections

I. Prayer

Daily prayer is essential to the life of a disciple. Please commit to a given amount of time each day that you will dedicate to quiet personal prayer. (for example, 5 mins., 15 mins. 30 mins, 1 hr. or more.)

Pray with Scripture, anywhere from a few verses to a few chapters every day. Begin with the New Testament.

Other recommended devotionals:

Rosary
Divine Mercy Chaplet
Liturgy of the Hours

Other: _____

Suggested prayer process: (Find a quiet place)

1. **Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. **Forgiveness:** Ask the Father for forgiveness for any sins you've committed in the last 24 hours (against Him, others or yourself).
3. **Petition:** Ask God for any needs you have and pray for other people that come to mind.
4. **Listen** to what God is saying in your heart.

Helpful resources/devotionals:

My Daily Bread
Magnificat
The Word Among Us

II. Parish Involvement

(Acts 2:42)

Tithing is vitally important to the life of a disciple. The word literally means "10%" and comes from the tradition started by Abraham of giving 10% of his belongings to the priest Melchizedek. Please choose a tithe amount between 1% and 10% (or more), keeping in mind the general goal is to work toward 10% or more of your pre-taxed income.

Ministry in your parish: Please choose one or more of the following...

- Greeter
- Extraordinary Minister
- Lector
- Server
- Choir
- Usher
- Parish group (ex. K of C, Christian Mothers etc.)
- Other: _____

Discipleship Journal

Commitment Date: _____

Prayer

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Parish Involvement

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Study

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Service and Evangelization

Fulfilled
 Partially Fulfilled
 Not Fulfilled

Assessment Date: _____

Personal Reflections

Horizontal lines for writing reflections.

III. Study

(Acts 2:42)

Recommended Books

- Rediscovering Catholicism
The Four Signs of a Dynamic Catholic
Catechism of the Catholic Church

Other: Horizontal lines for additional book recommendations.

Recommended Audio

- Lighthouse Catholic Media

Other: Horizontal lines for additional audio recommendations.

Recommended Video

- Catholicism series

Other: Horizontal lines for additional video recommendations.

IV. Service and Evangelization

(Mt 25:35-36; 28:19)

Christian Service and Evangelization are essential to the life of a disciple. It is important to keep in mind that the ultimate goal of ALL Christian service is to evangelize (Bring souls to Christ).

Soup kitchen
Clothes pantry

Other: _____

AD MAJOREM DEI GLORIAM!
(FOR THE GREATER GLORY OF GOD!)

Discipleship Journal

Commitment Date:

Prayer

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Parish Involvement

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Study

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Service and Evangelization

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

*Example of a Weekly Plan
for the Life of Discipleship*

Commitment Date:

11/19/14

Prayer

10 mins

1 Chapter N. T. daily

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Parish Involvement

Greeter

5% tithe

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Study

5 pages a day of *The Four*

Signs of a Dynamic Catholic

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Service & Evangelization

Serve at local soup kitchen

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:

12/1/14

Discipleship Journal

Commitment Date:

Prayer

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Parish Involvement

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

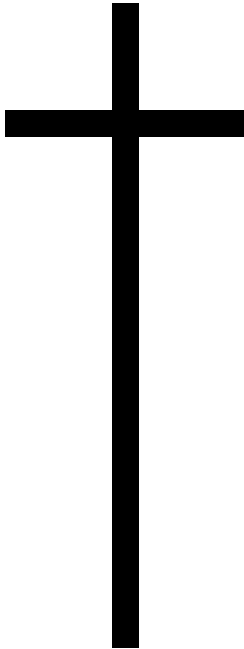
Study

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Service and Evangelization

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:



Discipleship Journal

Commitment Date:

Prayer

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Parish Involvement

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Study

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Service and Evangelization

- Fulfilled
- Partially Fulfilled
- Not Fulfilled

Assessment Date:
